Starrett City Older Adult Center

(718)-642-1010

1540 Van Siclen Ave, Brooklyn, NY 11239

November 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30am- Tai Chi for Arthritis 10:30am- Technology Class 11am- Chair Yoga 12pm- Congregate/ Grab and Go Lunch 12:30pm- Book Club- Some Love, Some Pain, Sometime by J. California Cooper 1pm- Bingo	3 9:30am- Jewelry Making 10:00am- Blood Pressure Monitoring w. Sharon White & Yvonne Hinds 11:15am- Total Body Workout-AlwayzFit4Lyfe 12pm- Congregate Lunch/ Grab and Go Lunch 1:00pm- Tea Chat with Courtlyn (Weil Cornell) 2:30-Gardening with Opportunity Hub Indoors- Making Healthy Sweet Potato Pie	4 9:30am- Self Defense for Older Adults 11:00am- BodyBreathFlow Yoga 12pm- Congregate/ Grab and Go Lunch 12:30pm- Tech Help Hour 12:24 pm Nutrition Presentation - Tiani Rainford 1pm- Movie Screening- Autumn in New York 1pm- Carmen's thriving survivors group	5 9:30am- Technology Class 11:15am- Total Body Workout-AlwayzFit4Lyfe 12pm- Congregate/ Grab and Go Lunch 1pm- Pool Cues Game 1pm- All Member`s Meeting	6 9:30am- Acrylic Painting 11:30am- Hooked on Crochet 12pm- Congregate/ Grab and Go Lunch 12:30pm- Board Games

Partially funded by:

NYC Department for the Aging

PROUD PARTNER UJA Federation NEW YORK

Monday	Tuesday	Wednesday	Thursday	Friday
9 9:30am- Tai Chi for Arthritis 10:00am- NYC Aging Webinar - LIU Pharmacy Diabetes Awareness - The lastest drug treatment. 10:30am- Technology Class 11am- Chair Yoga 12pm- Congregate/ Grab and Go Lunch 12:30pm- Book Club- Some Love, Some Pain, Sometime by J. California Cooper 1pm- Bingo	10 9:30am- Jewelry Making 10:00am- Blood Pressure Monitoring w. Sharon White & Yvonne Hinds 11:15am- Total Body Workout-AlwayzFit4Lyfe 12pm- Congregate Lunch/ Grab and Go Lunch 1:00pm- Tea Chat with Courtlyn (Weil Cornell)	11 9:30am- Self Defense for Older Adults 11:00am- BodyBreathFlow Yoga 12pm- Congregate/ Grab and Go Lunch 12:30pm- Tech Help Hour 12:30pm Alzheirmer Awareness Presenation/Alzheirmer Association 1:30pm- Movie Screening- Glory	12 9:30am- Technology Class 11:15am- Total Body Workout-AlwayzFit4Lyfe 12pm- Congregate/ Grab and Go Lunch 1pm- Pool Cues Game Special Thanksgiving Lunch w DJ Kelvin QUARTERLY BIRTHDAYS	13 9:30am- Acrylic Painting 10:00 am NYC Aging Webinar -Alzheimer's Disease 10:30 Technology Class 11:30am- Hooked on Crochet 12pm- Congregate/ Grab and Go Lunch 12:30pm- Board Games
16 9:30am- Tai Chi for Arthritis 10:30am- Technology Class 11am- Chair Yoga 12pm- Congregate/ Grab and Go Lunch 12:30pm- Book Club- Some Love, Some Pain, Sometime by J. California Cooper 1pm- Bingo	17 9:30am- Jewelry Making 10:00am NYC Aging Webinar - Lighthouse Guild: Managing Diabetes to Save Sight 11:15am- Total Body Workout-AlwayzFit4Lyfe 12pm- Congregate Lunch/ Grab and Go Lunch 1:00pm- Tea Chat with Courtlyn (Weil Cornell)	18 9:30am- Self Defense for Older Adults 10:00am- NYC Aging Webinar: Preparing for respiratory virus Season 11:00am- BodyBreathFlow Yoga 12pm- Congregate/ Grab and Go Lunch 12:30pm- Tech Help Hour 1:30pm- Movie Screening- Sweet November	19 9:30am- Technology Class 11:15am- Total Body Workout-AlwayzFit4Lyfe 12pm- Congregate/ Grab and Go Lunch 12:30pm- Nutrition Presentation w/ Tiana Rainford Program Director of Nutrition Services 1pm- Pool Cues Game	20 9:30am- Acrylic Painting Technology Class 11:30am- Hooked on Crochet 12pm- Congregate/ Grab and Go Lunch 12:30pm- Board Games

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Monday	Tuesday	Wednesday	Thursday	Friday
23 9:30am- Tai Chi for Arthritis 10:30am- Technology Class 11am- Chair Yoga 12pm- Congregate/ Grab and Go Lunch 12:30pm- Book Club- Some Love, Some Pain, Sometime by J. California Cooper 1pm- Bingo	24 9:30am- Jewelry Making 11:15am- Total Body Workout-AlwayzFit4Lyfe 12pm- Congregate Lunch/ Grab and Go Lunch 1:00pm- Tea Chat with Courtlyn (Weil Cornell)	25 9:30am- Self Defense for Older Adults 11:00am- BodyBreathFlow Yoga 12pm- Congregate/ Grab and Go Lunch 12:30pm- Tech Help Hour 1pm- Movie Screening- ieces of April	26 CENTER CLOSED THANKSGIVING DAY	27 CENTER CLOSED DAY AFTER THANKSGIVING
30 9:30am- Tai Chi for Arthritis 10:30am- Technology Class 11am- Chair Yoga 12pm- Congregate/ Grab and Go Lunch 12:30pm- Book Club- 1pm- Bingo				

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November 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Dominican Vegan Sancocho (root vegetables stew) Brown Rice Caesar Salad Whole Wheat Bread Orange 1% low fat milk Orange Pineapple Juice	3 Italian Style Pork Loin Yuca con Mojo (yuca with Garlic lime Sauce) Baby Spinach Salad w/ Lemon Vinaigrette Apple 1% low fat milk	4 Beef Meatballs Whole Wheat Spaghetti California Blend Vegetables Banana 1% low fat milk	5 Baked Chicken Quarters Yellow Rice Capri Blend Vegetables Orange 1% low fat milk Apple Juice	6 Baked Fish w/ Garlic Sauce Herbed Quinoa Steamed Carrots and Green Beans Apple 1% low fat milk Orange Juice
9 Cozy Lentil and Veggie Soup Perfect White Rice Whole Wheat Bread Roasted Root Vegetable Orange 1% low fat milk	10 Baked Chicken Thighs Mexican Confetti Rice Whole Wheat Bread Boiled Southern Greens Garlic Mashed Potatoes Banana 1% Milk	11 Beef Empanada Boiled Southern Greens Garlic Mashed Potatoes Whole Wheat Bread Banana 1% low fat milk	12 Lemon Chicken Brown Rice California Blend Vegetables Orange 1% low fat milk Apple Juice	13 Baked Ziti w/ Turkey Garlic and Rosemary Roasted Potatoes Roasted Broccoli Whole Wheat Bread Apple 1% low fat milk
16 Stewed Beans Perfect White Rice Garden Salad Orange 1% low fat milk	17 Baked Chicken Quarters Garlic Mashed Potatoes Steamed Spinach Whole Wheat Bread Apple	18 Pernil Arroz con Gandules Black Bean Soup Roasted Broccoli Banana	19 Beef Hamburger Lettuce and Tomato Roasted Sweet Potato Fries Whole Wheat Hamburger Bun Orange	20 Asopao de Pollo (Puerto Rican Chicken Stew) Garlic and Rosemary Roasted Potatoes Whole Wheat Bread

Monday	Tuesday	Wednesday	Thursday	Friday
	1% low fat milk Apple Juice	1% low fat milk	1% low fat milk	Apple 1% low fat milk Apple Juice
23 Tasty Whole Wheat Lo Mein with Chickpeas White Rice Sauteed Green Beans with Onions Orange 1% low fat milk	24 Baked Fish w/ Rustic Tomato Sauce Black Beans and Rice Kale with Tomato Apple 1% low fat milk Orange Pineapple Juice	25 Chicken Empanada Baked Fries California Blend Vegetables Banana 1% low fat milk	26 CENTER CLOSED IN OBSERVANCE OF THANKSGIVING DAY	27 CENTER CLOSED IN OBSERVANCE OF THANKSGIVING DAY
30 Stewed Beans (Habichuelas Guisadas) Brown Rice Steamed Broccoli Orange 1% low fat milk				

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Hours

Mondays - Fridays 8:00am - 4:00pm

***Closed for November 26, 2026, Thanksgiving Day**

***Closed November 27, 2026**

Daily Lunch

Mondays - Fridays

12:00pm - 1:00pm - Dining Room

Starrett City Older Adult Center Staff

Donna Forde, Program Director dforde@jasa.org

Tatianna Webster-McIlwain, Program Coordinator twebstermcilwain@jasa.org

Katleen Ortega, Case Manager kortega@jasa.org

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